

List of In-House Services

Kaleidoscope Salon

Denise Hubbard: (916) 486-2710

Independent Contractor

Call to schedule an appointment.

Open Tuesdays to Fridays from 8 a.m. to 4 p.m.

- Men's Haircut ~ \$15.00
- Women's Haircut Only ~ \$20.00
- Shampoo/Set ~ \$20.00
- Shampoo or Conditioner Only ~ \$7.00
- Tints ~ \$50.00+
- Perms ~ \$70.00+

Celtic Hands Massage

Kevin McLachlan: (916) 878-6189

Independent Contractor

2nd & 4th Tuesday each month

11:00 am - 1:00 pm ~ signup in the pink book.

\$20.00 for 15 minutes ~ seated chair massage.

Clean Touch

Will Huttunen: (916) 600-6161

Independent Contractor

Laundry services, dry cleaning, and alterations. Call for pick up at your front door!

Community Hearing Aid Center

Ed Vinson: (916) 797-9188

Independent Contractor

Free cleaning, batteries & check-up!

2nd Tuesday of each month at 1:30pm

Library on the 1st floor.

Sign up in the book!

Johnson Hauling & More

J.J. Johnson (916) 643-5164

Independent Contractor

Suburban Notary

Christina Valdez (916) 878-0435

Independent contractor - Mobile Notary

Blood Pressure Checks

Rite Aid has a free blood pressure machine in the Pharmacy waiting area and is within walking distance.

If you have an emergency, please call (916) 786-2751! We have staff on site 24 hours, 7 days a week. We are here to assist you!

Office Hours

7 Days a Week

8:30 a.m. - 5:00 p.m.

Roseville Commons Staff

Kathy Horbasch ~ Administrator

Drew Marcus ~ Marketing Director

Ginger McCauley ~ Activities Director

Melody Powers ~ Resident Relations

Donna Enos ~ PT Resident Relations

Jack Pesola ~ Maintenance Director

Shon Fulgham ~ Maintenance

Tammy Davis ~ Van Transportation

De Rollins ~ Bus Transportation

Margaret, Argentina & Rosa ~ Housekeeping

Joy, Lori, Julia & Justin ~ Night Porters

Roseville Commons Contact Numbers

Front Office: (916) 786-2751

Night Porters are on duty all night!

Transportation: (916) 827-7643

Kitchen: (916) 472-6471

Activities Office: (916) 749-3189

Laundry Room Hours

Large Laundry Room on 1st Floor

7:00 a.m. to 10:00 p.m. - 7 Days a Week

Small Laundry Rm: 1st, 2nd & 3rd Floors

8:00 a.m. to 9:00 p.m. - 7 Days a Week

Nightly Trash Pick-Up Hours

6:00 p.m. to 8:00 p.m.

7 Days a Week

Please have all items in a trash bag

February 2024

The Rose Review

Roseville Commons . 275 Folsom Rd., Roseville, CA 95678 . (916) 786-2751

Like us on Facebook: www.facebook.com/RosevilleCommonsSeniorLiving



Celebrating February

American Heart Month

Bird Feeding Month

Black History Month

National Cherry Month

Spunky Old Broads Month

Random Acts of Kindness Month

Women Inventors Month

National Freedom Day

February 1

Chinese Lunar New Year's

February 10

Superbowl Sunday

February 11

Mardi Gras

February 13

Valentine's Day

February 14

Presidents' Day

February 17

Love Your Pet Day

February 17

Leap Year Day

February 29

Random Acts of Kindness Month

This month Roseville Commons will be challenging ourselves to engage in 1,000 acts of kindness! Each resident and staff member is encouraged to find small ways to brighten up the day of someone else in our community! While this is an exercise in altruism, it has some surprising perks for the benefactor! Engaging in **acts of kindness** produces endorphins, the brain's natural painkiller. Perpetually **kind** people have 23% less cortisol (the stress hormone) and age slower than the average population! So, while we are doing for others, we are also doing something good for ourselves.

Keep track of kindness that you either witness or generate ourselves, then stop by the Office and pick up some kindness coins to deposit in our kindness jar located in the Front Lobby. Our goal is to overflow the kindness jar to meet our 1,000 acts of kindness goal.

Here are some examples to look for:

- Smile at the nearest person
- Hold the door open for someone
- Give an honest compliment
- Thank someone who you appreciate
- Be a good listener
- Offer your help to someone
- Ask the person who's serving you how their day is going
- Treat someone to coffee or tea
- Send flowers or chocolates to a friend out of the blue
- Express your empathy. Often the greatest gift we can give someone else is the gift of empathy
- Write a letter to a friend
- Say "I love you" with meaning
- Tell someone how wonderful they are and how happy you are to have them in your life.
- Ask, "How can I help you?"



Kindness is free and priceless to receive! There are a million ways to be kind, so let's be creative!

Kathy

Culinary Corner

Love is in the air, and so are the enticing aromas from the kitchen! Our chefs are excited about upcoming special holiday meals in February.



Tuesday, February 13th

Dinner from 4:00 p.m. to 6:00 p.m.

- Sweet Potato Soup
- Iceberg Salad
- Chicken, Sausage, and Shrimp Gumbo with Okra & Rice
- King Cake



Wednesday, February 14th

Dinner from 4:00 p.m. to 6:00 p.m.

- Cream of Spinach Soup
- Garden Salad
- Seared Salmon OR
- Seared Chicken Breast with Ham & Brie
- Both Served with a Dijon Cream Sauce
- Spaghetti Squash, Asparagus, and Breadstick
- Chocolate Dipped Strawberries
- Chardonnay Wine
- Guest Holiday Meals are \$18.00 Per Person (No Alternate Menu Served)



Monday, February 19th

Brunch from 10:30 a.m. to 12:30 p.m.

- Patriotic Buttermilk Waffles with Strawberries & Presidential Pancakes with Whipped Cream Bacon or Sausage
- Mixed Fruit and Yogurt

February Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

- Lisa Marie Presley (singer) – Feb. 1, 1968
- Farrah Fawcett (actress) – Feb. 2, 1947
- James Michener (author) – Feb. 3, 1907
- Mary Leakey (scientist) – Feb. 6, 1913
- Sarah Palin (politician) – Feb. 11, 1964
- Peter Tork (guitarist) – Feb. 13, 1942
- Hugh Downs (news anchor) – Feb. 14, 1921
- Amy Tan (author) – Feb. 19, 1952
- Julius Erving (basketball player) – Feb. 22, 1950
- Cullen Jones (swimmer) – Feb. 29, 1984

Resident Birthdays

- 1st Ted Teragawa
- 8th Marlee Simms
- 13th Lena Tawlks
- 13th Lynn Godines
- 17th Lynda Fratis
- 22nd Sharon Broumas
- 23rd Deborah Hotchner



BIRTHDAY PARTY!



We will be celebrating our monthly birthdays during our Happy Hour on **Thursday, February 29th at 2:30 p.m. in the Rose Room.** Cupcakes will be served!

What's Happening in February

Tuesday, February 6th at 1:00 p.m.



InnovAge will be here to present their medical services & assistance programs in the Rose Room.

Wednesday, February 7th at 11:00 a.m.

Activity Talk with Ginger – Please bring your ideas and activity suggestions! We will be planning the March 2024 activity calendar and bus outings. We would love your input!



Thursday, February 8th & 22nd at 12:30 p.m.



Join us for **Ceramics Classes** in the Craft Room. Our instructor, Claudie, has some fun new projects for residents to work on!

Friday, February 9th at 2:00 p.m.

The **Society for the Blind** will be here to give a special presentation. Their organization's goal is to empower individuals living with low vision or blindness to discover, develop and achieve their full potential.



Tuesday, February 13th at 1:30 p.m.



Ed Vinson from the **Community Hearing Aid Center** will be assisting residents with their hearing aids in the Library.

Friday, February 16th at 12:30 p.m.

Karaoke Hour! Join Jim and Linda in the Rose Room for an hour of Karaoke fun!



Tuesday, February 20th at 1:00 p.m.



Chat with Chef Louis- Come meet with Chef Louis and give him your feedback and menu ideas in the Rose Room.

Monday, February 26th at 2:00 p.m. Join

Ginger in the Rose Room for a fun hour of **crafting!** This month we will be making a special Spring Craft!



Tuesday, February 27th at 2:00 p.m.



Teaching Kitchen with Chef Louis. This month we will be talking about and tasting eggs.

Check out the February activity calendar for many other fun activities and events!

Marketing Moments

"The love we give away is the only love we keep." A quote from Elbert Hubbard. The same person to whom we attribute the phrase, "When life gives you lemons, make lemonade".

Near the end of his life, he had written about the sinking of the Titanic and the bravery of passenger Ida Straus. When the lifeboats were being filled with women and children, she had refused and instead chose to remain with her husband. Hubbard wrote about the couple saying that, "In life they were never separated and in death they are not divided."

Incredibly, it was only three years later that Elbert Hubbard and his wife also found themselves on a sinking ship, the Lusitania, after being torpedoed by a German U-boat. A witness described that they walked the flooding deck, unbothered, arm-in-arm. Someone asked what they were going to do, and Mrs. Hubbard smiled and replied that there didn't seem to be anything to do. Elbert then guided them both into a cabin and closed the door behind them, so they wouldn't be separated when the water came.

The love we give away is the only love we keep. It is never selfish. From the day we arrive until the day we go, the only love that remains is the comfort, the tenderness, and the peace that we give to someone else. I hope that you are blessed with this enduring kind of love.

Drew



Carolyn Parkinson - #101

Welcome Back
Almeta Schneider- #104

February Bus Outings

If you would like to go on any of the fun trips planned for February, please sign up in the Burgundy Binder in the Front Lobby. Join us for some fun adventures!



Thursday, February 1st
Scenic Drive to Bridgeport Covered Bridge & Lunch at Lumberjacks with Hilltop Commons
 (Grass Valley, CA)
 Departure Time: 9:00 a.m.



Friday, February 2nd
Shopping & Lunch at the Nut Tree
Senior Train Ride Ticket: \$2.00
 (Vacaville, CA)
 Departure Time: 9:00 a.m.



Friday, February 9th
California Railroad Museum & Lunch at a Chinese Restaurant.
Admission: \$12.00
 (Sacramento, CA)
 Departure Time: 9:00 a.m.



Friday, February 16th
Shopping at High Hand Nursery and Lunch at a Mongolian Restaurant
 (Loomis, CA)
 Departure Time: 9:00 a.m.



Friday, February 23rd
Scenic Drive to Sacramento-San Joaquin Delta and Lunch at on the River
 (Sacramento, CA)
 Departure Time: 9:00 a.m.



The Magic of Mardi Gras



Mardi Gras, the vibrant and exhilarating Carnival season celebrated in various parts of the world, is a spectacle of merriment, color, and

culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes, offering a unique blend of tradition and modern revelry. Each year, it is a time for people to indulge in festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6. It leads up to Fat Tuesday on February 13 - the culmination of the Carnival season.

In 2024, Mardi Gras promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture.

But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit. Mark your calendars for Mardi Gras 2024 and prepare to join the revelry!



On **Sunday, February 11th at 3:00 p.m.** a resident potluck Super Bowl Party will take place in the Rose Room! Come cheer on your favorite football team and enjoy some delicious snacks.

Residents who would like to participate are invited to sign-up for a snack to share with others during the Super Bowl game. Please stop by the office and our Resident Relations staff will assist you with signing up for the potluck. The community will be providing soda for the game as well.

Some snack ideas are chips and dip, vegetable tray, fruit tray, cookies, brownies, or you can even order a pizza to be delivered.

Valentine's Day Party

We are spreading the love here at Roseville Commons and celebrating Valentine's Day with a party!

Join us on **Wednesday, February 14th at 2:30 p.m. in the Rose Room.** Del and Susan will provide the entertainment for the party and a special sweetheart of a dessert will be served.



"All you need is love. But a little chocolate now and then doesn't hurt." -Charles Schulz

HAPPY HOUR

Come down to the Rose Room for an hour of entertainment, dancing, beverages and snacks every Thursday in February on:

February 1st at 2:30 p.m.



Entertainment with **Jerry Lopes.** Jerry plays many genres of music, from current music, funk and oldies. He is known to tell some amazing jokes too!

February 8th at 2:30 p.m.



Entertainment with **Todd Morgan.** His on-stage charisma and dancing ability have delighted audiences and entertained all with Pop, Rock, Soul, early Rock 'n' Roll, Blues, Funk, Country, & even Jazz and Swing songs.

February 15th at 2:30 p.m.



Entertainment with **Gary Blodgett.** Gary is known as a classic country artist. He is a talented musician and singer who gets our residents up on the dance floor! You don't want to miss his performance!

February 22nd at 2:30 p.m.



Entertainment with **Capital City Reflections.** They will perform songs from the Swing era that will get your toes tapping or get you up on the dance floor!

February 29th at 2:30 p.m.



Entertainment and dancing with **Mike Ely.** We will also be celebrating residents with February birthdays! Cupcakes will be served!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

FEBRUARY 2024

Random Acts of Kindness Month



4
 9:00 Tai Chi DVD - RR
 10:00 Brain Teasers - RR
 11:00 Seated Yoga DVD - RR
 1:00 Matinee Movie - RR with Popcorn
 6:00 Bingo with Lori - RR

5
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 12:00 Wii Bowling 1 - RR
 12:30 Wii Bowling 2 - RR
 2:30 Horse Races - RR
Come Place Your Bets!
 3:30 Fireside Colored Art - LB
 6:00 Puzzle Hour - LB

6
 9:00 Tai Chi DVD - RR
 10:00 Seated Strength Exercise Class with Ginger - RR
 11:00 Name that Tune - RR
 1:00 **Innovage Presentation on Medical Services & Assistance Program** - RR
 2:30 Bean Bag Baseball - RR
 6:00 Yahtzee Hour - LB

7
 9:00 Qi Gong DVD - RR
 10:00 Seated Strength Exercise Class with Ginger - RR
 11:00 Activity Talk with Ginger - RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 Wii Golfing - RR
 6:00 Residents Card Night - LB

8
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise -RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 12:30 **Ceramics Class** - CR
 2:30 **Happy Hour & Music with Todd Morgan** - RR
 6:00 Bingo with Lori - RR

9
 9:30 **Outing- California Railroad Museum & Chinese Lunch**
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise -RR
 11:00 Chinese New Year History - RR
 2:00 **Society for the Blind Presentation** - RR
 6:00 Friday Night Movie - RR

10
 CHINESE NEW YEAR
 10:00 Senior Stretching DVD Seated Exercise - RR
 11:00 Seated Yoga DVD - RR
 1:00 Wii Bowling Session 1- RR
 1:30 Wii Bowling Session 2- RR
 2:30 Crossword Puzzle Club - RR
 6:00 Saturday Night Movie - RR

11
 SUPERBOWL SUNDAY
 9:00 Tai Chi DVD - RR
 10:00 Brain Teasers - RR
 11:00 Seated Yoga DVD
 3:00 **Superbowl Game & Resident Potluck** - RR
 6:00 Bingo with Lori - RR

12
 ABRAHAM LINCOLN'S B-DAY
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 10:00 **Valentine Chocolate & Candy Boutique**
 12:00/12:30 Wii Bowling
 2:30 Horse Races - RR
Come Place Your Bets!
 3:30 Life of Abraham Lincoln- RR
 6:00 Puzzle Hour - LB

13
 MARDI GRAS
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise -RR
 11:00 Seated Massages - CR
 1:00 **Drew's Crew: Card Sharks Game** - RR
 1:30 **Hearing Aid Checks**
 2:30 Bean Bag Baseball - RR
 4-6 p.m. **Mardi Gras Dinner** - DR
 6:00 Yahtzee Hour - LB

14
 VALENTINE'S DAY
 9:00 Qi Gong DVD - RR
 9:00 Bible Study & Worship - CH
 10:00 Seated Exercise - RR
 11:00 Valentine History - RR
 2:30 **Valentine's Day Party with Del & Susan** - RR
 3:30 Fireside Chat - LB
 4-6 p.m. **Valentine's Day Dinner**
 6:00 Residents Card Night - LB

15
 SUSAN B ANTHONY DAY
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise - RR
 11:00 Susan B Anthony -RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 2:30 **Happy Hour & Music with Gary Blodgett** - RR
 6:00 Bingo with Lori - RR

16
 9:00 **Outing- High Hand Nursery and Lunch at Mongolian BBQ**
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 U.S. Presidents History-RR
 2:30 **Karaoke Hour with Jim & Linda** - RR
 6:00 Friday Night Movie

17
 10:00 Senior Stretching DVD Seated Exercise - RR
 11:00 Seated Yoga DVD - RR
 1:00 Wii Bowling Session 1- RR
 1:30 Wii Bowling Session 2- RR
 2:30 Crossword Puzzle Club - RR
 6:00 Saturday Night Movie - RR

18
 9:00 Tai Chi DVD - RR
 10:00 Brain Teasers - RR
 11:00 Seated Yoga DVD - RR
 1:00 Matinee Movie with Popcorn - RR
 6:00 Bingo with Lori - RR

19
 PRESIDENT'S DAY
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 10:30 a.m. to 12:30 p.m. **President's Day Brunch** - DR
 11:00 Tai Chi DVD - RR
 12:00/12:30 Wii Bowling - RR Session 1 & 2
 2:00 Holiday Movie - RR
 6:00 Puzzle Hour - LB

20
 LOVE YOUR PET DAY
 9:00 Tai Chi DVD - RR
 10:00 Seated Strength Exercise Class with Ginger - RR
 11:00 Name that Tune - RR
 1:00 **Chef Chat with Louis** - RR
 2:30 Bean Bag Baseball - RR
 3:30 Funniest Pet Videos of 2023 - RR
 6:00 Yahtzee Hour - LB

21
 9:00 Qi Gong DVD - RR
 10:00 Seated Strength Exercise Class with Ginger - RR
 11:00 TV Trivia- RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 Jokes & Riddles - RR
 6:00 Residents Card Night - LB

22
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Exercise -RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 12:30 **Ceramics Class** - CR
 2:30 **Happy Hour with Capital City Reflections** - RR
 6:00 Bingo with Lori - RR

23
 9:00 Qi Gong DVD - RR
 9:00 **Bus Outing- Delta Drive and Lunch at on the Delta River**
 10:00 Seated Exercise - RR
 11:00 How Sugar is Made - RR
 1:00 Afternoon Movie - RR
 3:00 Afternoon Bingo - RR
 6:00 Friday Night Movie - RR

24
 10:00 Senior Stretching DVD Seated Exercise - RR
 11:00 Seated Yoga DVD - RR
 1:00 Wii Bowling Session 1- RR
 1:30 Wii Bowling Session 2- RR
 2:30 Crossword Puzzle Club - RR
 6:00 Saturday Night Movie - RR

25
 9:00 Tai Chi DVD - RR
 10:00 Brain Teasers - RR
 11:00 Seated Yoga DVD - RR
 1:00 Matinee Movie with Popcorn - RR
 6:00 Bingo with Lori - RR

26
 9:00 Qi Gong DVD - RR
 10:00 Seated Exercise - RR
 11:00 Tai Chi DVD - RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 2:00 **Springtime Craft Project** - RR
 3:30 Fireside Colored Art - LB
 6:00 Puzzle Hour - LB

27
 9:00 Tai Chi DVD - RR
 10:00 Seated Exercise -RR
 11:00 Seated Massages - CR
 1:00 **Teaching Kitchen w/ Chef Louis: Eggs**
 2:30 Bean Bag Baseball - RR
 3:30 Share your Favorite Keepsake by the Fire - LB
 6:00 Yahtzee Hour - LB

28
 9:00 Qi Gong DVD - RR
 9:00 Bible Study & Worship - CH
 10:00 Seated Strength Exercise Class with Ginger - RR
 11:00 TV Trivia- RR
 1:00 POKENO - RR
 2:30 Afternoon Bingo - RR
 3:30 Fireside Chat - LB
 6:00 Residents Card Night- LB -

29
 LEAP YEAR DAY
 9:00 Tai Chi DVD - RR
 9:00 Catholic Communion - CH
 10:00 Seated Strength Exercise Class with Ginger - RR
 12:00 Wii Bowling Session 1 - RR
 12:30 Wii Bowling Session 2 - RR
 2:30 **Happy Hour & Birthday Party with Mike Ely** - RR
 6:00 Bingo with Lori - RR

